

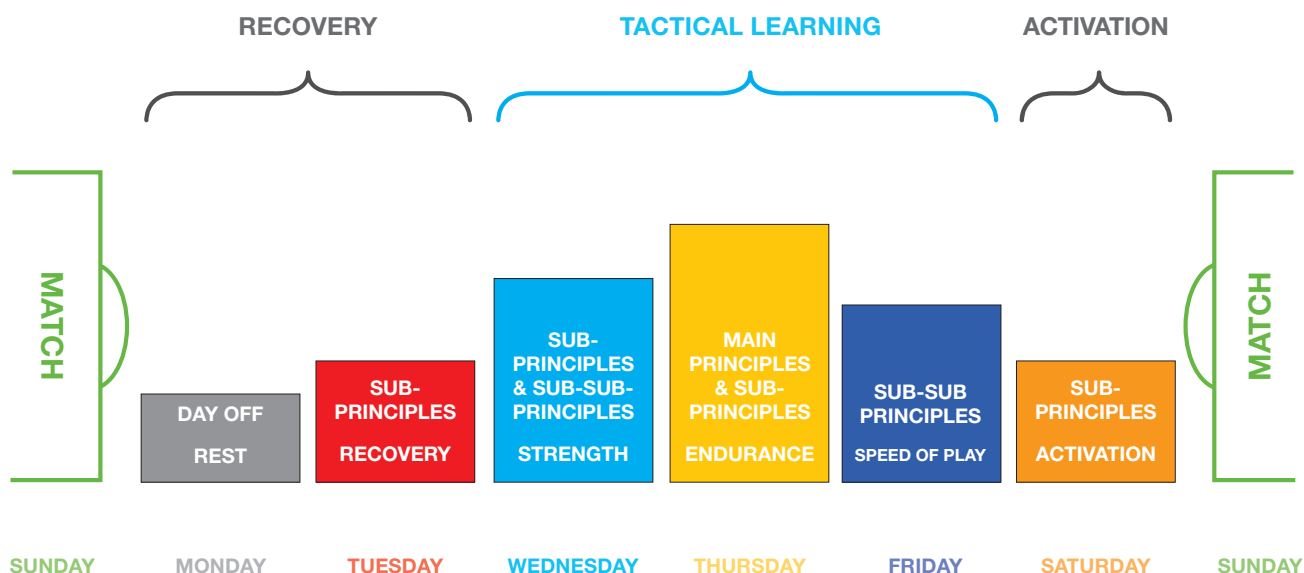
# CHAPTER 8

## STANDARD WEEKLY TRAINING PATTERN

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# STANDARD WEEKLY TRAINING PATTERN (1 MATCH)

(Adapted from Oliveira, G. 2007)



For Tactical Periodization, the weekly pattern is the planning unit and framework that guides the organisation of all the training content.

The main factors influencing these decisions are our **Game Model** and its **Principles of Play**, our last competitive performance and our predictions for the next game.

The most relevant methodological principles that influence the design of the weekly pattern are the:

- **Principle of Horizontal Alternation in Specificity** (see pages 98-99)
- **Principle of Conditioned Practices** (see pages 65 & 186)
- **Principle of Complex Progression** (see pages 83-87)

In the same way, it is also very important to consider the **Principle of Tactical Fatigue** (see page 189), as well as the relationship between the complexity of the tactical principles and the subsequent fitness demands, because these will affect the structure of the training day.

**Complexity** progresses through the week, taking into account the proximity of the previous and upcoming games, so the team can always train at the maximal relative intensity of concentration. The further from a competitive match the team is, the more complex the training session will be, tactically speaking.

This is the training schedule for a week with one competitive game (fully explained on following pages):

- **SUNDAY:** Match Day
- **MONDAY:** Passive Recovery / Day off
- **TUESDAY:** Active Recovery (Strategic Training)
- **WEDNESDAY:** Medium Learning of Game Model (Strength)
- **THURSDAY:** Higher / Main Learning of Game Model (Endurance)
- **FRIDAY:** Lower Learning of Game Model (Speed of Play)
- **SATURDAY:** Pre-game Activation (Strategic Training)

\* **To understand Fractality, please see pages 53-55**

# JOSÉ MOURINHO'S STANDARD TRAINING WEEK

(Adapted from Amieiro, N. et al. 2007)

**Main Principle of Specificity:** Training should be as specific as possible in order to enhance team and player performance during competitive matches.

- **Principle of Disassembly and Hierarchical Organisation of the Principles of Play:**

It is necessary to disassemble (break down) the main principles of play and reduce their complexity. By making them more understandable, the players adapt quicker and perform them better. This reduction process has to be done very carefully, always respecting the style of play (game model). The objective is to separate the main principles into their sub-principles and then integrate them again. From this, we can link the principles to each other and organise them by importance (hierarchically).

A proper hierarchy of the principles of play is needed. Different teams will have different principles e.g. One team may not have technical defenders or midfielders but do have fast forwards, so their organisation of the principles of play may be focused on long passes over the top, which would be very different to a team with technical players that look to always build up play from the back with short passes.

- **Principle of Tactical Fatigue and Tactical Concentration:**

Tactical fatigue relates to players' capacity to focus on the actions that characterise their team's style of play. The game is made up of complex situations which require high degrees of concentration. The game is characterised by high-intensity actions - it therefore makes no sense to train at low intensities, so maximum-intensity training is required, at least relative to the players' level of fatigue on a given day.

- **Principle of Horizontal Alternation in Specificity:**

This principle advocates the need for horizontal alternation (over the days of the week) for the dominant types of muscle contraction, according to differences in strength, duration and speed, but never forgetting the team's specific style of play.

- **Principle of Complex Progression:**

For Tactical Periodization, the concept of progression is built around learning a certain way of playing. It is based on the need to prioritise the principles that are most

important to the game model. We need to develop a strategy to build up these principles based on their sub-principles in a way that avoids any interference between them.

This progression appears at three different levels of complexity: During the **SEASON** (the intended game model), throughout the **WEEK** (taking into account the previous and next matches), and finally during each **TRAINING SESSION** (in the practices). It therefore becomes a complex progression where each level is related to the others.

- **Principle of Conditioned Practices:**

The configuration of practices (in terms of space, players, rules, and so on) must be developed in a way that allows the frequent appearance of certain actions - this is what Carvalhal (2001) calls "Conditioned Practices." For example, setting up a practice where a team is under-loaded in its defensive sector and constantly defending, makes actions related to defensive organisation emerge in a progressive way. There will then be many opportunities to "shape" these actions.

- **Principle of Performance Stabilisation:**

Performance stabilisation is achieved by distributing selected content over the week in the same way (in a weekly pattern). We should link this to the principle of complex progression - we are therefore talking about a progression with respect to the aforementioned hierarchy of principles with changing levels of effort over the week (Oliveira et al., 2006).

Planning and periodization in football has to place vital importance on the concept of "Performance Stabilisation" to meet the needs of the long competitive period.

Stabilising at the level of optimum performance is achieved by implementing and maintaining the standard weekly plan.

\* Please see "**José Mourinho's Standard Weekly Pattern**" diagram on the next page (Adapted from Amieiro, N. et al. 2007).

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>MATCH</b>							
<b>RECOVERY</b>			Sub-principles of play	Sub-principles & sub-sub principles of play	Main & sub-principles of play	Sub-sub principles of play	Simple sub-principles of play	
			Very stop-start (discontinuous training)	Very stop-start (discontinuous training)	Less stop-start (more continuous training)	Medium level of discontinuous training	Very stop-start (discontinuous training)	
<b>TACTICAL LEARNING TRAINING</b>			Recovery	"Technical Strength"	Endurance	Speed of Play	Activation	
			Large area of play	Small area of play	Large area of play	Medium area of play	Medium / large area of play	
<b>RECOVERY</b>			Sectorial & intersectorial situations	Sectorial & intersectorial situations	Collective match-like situations	Sectorial & intersectorial situations	Simple collective situations	
			Large number of players	Small number of players	Large number of players	Medium number of players	Large number of players	
<b>RECOVERY</b>			Short duration training (30" - 3')	Short duration training (30" - 3')	Medium duration training (3 - 6')	V. short duration training (5 - 30")	Short duration training (30" - 3')	
			Relative maximal intensity of concentration (see pg. 93)	Relative maximal intensity of concentration (see pg. 93)	Relative maximal intensity of concentration (see pg. 93)	Relative maximal intensity of concentration (see pg. 93)	Relative maximal intensity of concentration (see pg. 93)	
	<b>DAY OFF (REST)</b>							
	<b>MATCH</b>							

# CHAPTER 9

## TRAINING SESSIONS (1 MATCH WEEK)

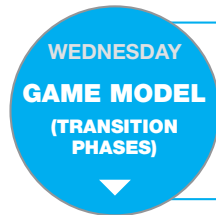
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# TACTICAL OBJECTIVES EXAMPLE (1 MATCH WEEK)

We always begin each training session with a short video (7-10 min) showing the principles of play we will work on, as well as the animation of the practices. The main goal is to explain the coaching points, the link between the practices and the principles of play we want to improve, in relation to our game model and our next opponent's style of play.



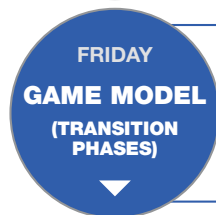
- **Building up play from the back**
- Positional play (inter-sectorial and collective)
- Compactness (reducing space in width and depth)



- We work on the systematic repetition of our sub-principles and sub-sub-principles of play from our game model
- Lose ball = create a "Pressure Zone" by pressing ball carrier and stopping him from playing forward
- Reduce the space and time the opposition have around the ball zone in the transition to defence
- In transition to attack, play the ball forward quickly to the wingers in space but without great risk



- **Fast ball circulation and switching play to create overloads**
- Zonal defending/pressing - winning the ball by directing and pressing opponents, forcing mistakes



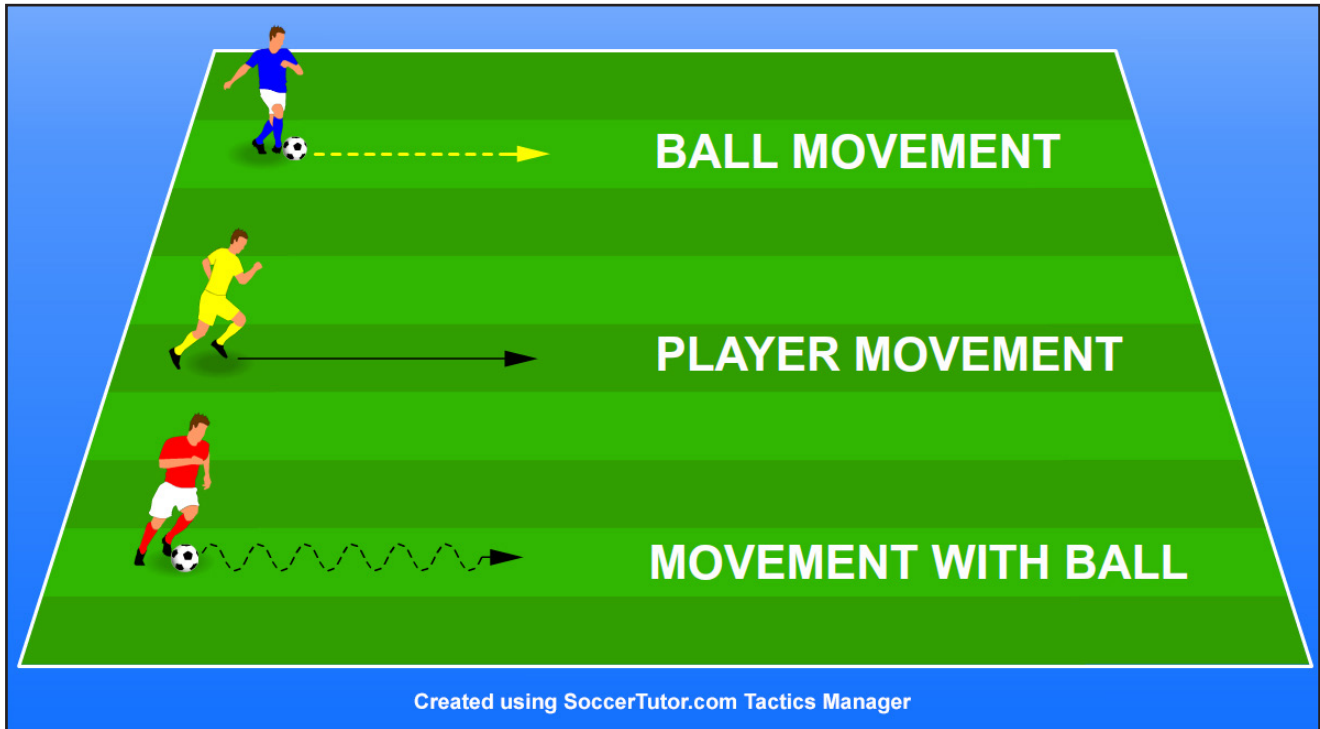
- **Dropping off and tracking runs to stop the opposition receiving in behind our defensive line**
- Play the ball forward quickly to the wingers in space but without great risk



- We work on the review of sub-principles and sub-sub-principles of play trained during the week
- Fast ball circulation and switching play to create overloads
- Set plays (attacking and defending)



## DIAGRAM KEY



## PRACTICE FORMAT

**Each practice includes clear diagrams with supporting training notes such as:**

- Name / Objective of Practice
- Principles of Play / Coaching Points
- Practice Organisation
- Practice Description

**TUESDAY**

# ACTIVE RECOVERY (STRATEGIC TRAINING)

## SESSION OBJECTIVES (ATTACKING PHASE):

- ▶ Building up play from the back and positional play (intersectorial and collective)
- ▶ The defending team focus on compactness (reducing spaces in width and depth)

## SPECIFIC PRACTICE GUIDELINES:

Sub-principles  
of play  
(recovery)

Very stop-start  
(discontinuous  
training)

Specific  
recovery  
training

Large area  
of play

Large  
number of  
players

Sectorial &  
intersectorial  
situations

*Short training  
durations  
(30 seconds -  
3 minutes)*

Relative  
maximal  
intensity of  
concentration  
(see pg. 93)



## Practice I (Sectorial): 11 v 4 Build Up Play from the Back with Passing and Movement Patterns



### Sub-Principles of Play

- Playing out from the back.
- Ball circulation & switching play (creating overloads).
- Timing runs to receive in behind the defensive line.
- Compactness (reducing spaces - width and depth).

### Sub-Sub-Principles of Play

- Combining different types of passes (short and long).
- Using the correct body shape to support and receive.
- Positional play (triangles to create passing angles).

### Practice Organisation

- Time: 5 x 3 minute sets (changing patterns every set, with free option for the final set).
- Numbers: 14 outfield players + 1 GK.
- Coaching breaks: Very often.

### Practice Description

- The practice always starts with the goalkeeper, who decides who to play the first pass to.

- The blues use a 4-2-3-1 or 4-3-3 formation and specific passing and movement patterns to build up play, which are determined by the coach and the game model.
- The ball must be passed into all 5 channels before the blues can enter the "Final zone", with a maximum of 2 passes allowed in each channel.
- Once they enter the final zone, they can score in any of the 3 mini goals (1 point), with the aim to time runs to receive in behind the red back 4. All players are free to move into this zone.
- The red back 4 defend by keeping compact (moving together and keeping close distances to each other) with the aim of reducing the space and time available for the blues.
- The red players are free to move out of the "Final Zone" at any time during the practice.
- If the reds win the ball, they play a long pass to the goalkeeper (1 point) and the practice restarts from the goalkeeper.